

# Claims

- [c1] 1.A food bar comprising:  
(a) dried fruit pieces having a moisture content of between about 15% to about 30%; and  
(b) a binder;  
wherein said food bar has a density of not more than about 1.1g/cm<sup>3</sup> and a hardness rating of not more than 2.0 kgf.
- [c2] 2.The food bar of claim 1 wherein the fruit pieces comprise unsulfured dried apple pieces having a moisture content of about 16% to about 18%.
- [c3] 3.The food bar of claim 1 wherein the fruit pieces comprises sulfured dried apple pieces having a moisture content of about 22% to about 26%.
- [c4] 4.The food bar of claim 1 wherein the food bar has a density of not more than about 0.85 g/cm<sup>3</sup>.
- [c5] 5.The food bar of claim 1 wherein the food bar has a hardness rating of not more than 1.5 kgf.
- [c6] 6.The food bar of claim 5 wherein the food bar has a hardness rating of about 0.9 kg to about 1.1 kgf.

- [c7] 7.The food bar of claim 1 further comprising a protein source.
- [c8] 8.The food bar of claim 7 wherein the protein source comprises whey protein.
- [c9] 9.The food bar of claim 1 further comprising a source of dietary fibre.
- [c10] 10.The food bar of claim 9 wherein the dietary fibre comprises inulin.